HEALTH & PHYSICAL EDUCATION 100 MCQS Solved

Useful for Educators & Lecturer Physical-Education BS-17

PPSC Lecturers Tests Preparation

On https://www.doc4shares.com/

HEALTH & PHYSICAL EDUCATION 100 MCQS

1 2004 olympic games held in __________ greek

2 athletics are also called the base of _____________ olympic games

3 duration of sarkal kabadi match ___________ 40 min

4 first president of pakistan golf federation ______________ justice a r

karnees

5 for winning the game lead is required __________ 2

6 height of nanga parbat ___________ 8125 m

7 how many lanes on track ____________ 8

8 how many substitute players in valley ball team __________ 6

9 how many umpires in base ball __________ 4

10 in 100 m women hurdles competition distance between hurdles

_____________ 8.5 m

11 in 110 meter men hurdle race the height of hurdles ___________ 1.067

m

12 in 2006 asian games how many countries participated in kabadi

____________ 12

13 in which year pakistan won odi world cup __________ 1992

14 judo is introduced in olympic game__________ 1964

15 old name of pakistan golf federation ____________ pakistan golf union

16 the game of chess started from ___________ 3000 bc

17 the stick which is used to hit the ball in golf is called _________ club

18 total height of k-2 ____________ 8516 m

19 total number of player in cricket team __________ 11

20 total number of players in beach valley ball game ____________ 2

21 total weight of table tennis ball ______________ 2.7

22 weight of valley ball ball is________ 9 to 10 ounce

23 what is the lowest score in in odi cricket record __________ 43 runs

24 when asian kabadi federation is established ____________ 1978

25 when base ball started in pakistan _________ 1992

26 when first asian kabadi championship held ________ 1980

27 when first fifa world cup held __________ 1930

28 when first time basketball introduce in olympic games __________

1940

29 when international polo federation was established ________ 1983

30 when pakistan first time participate in davis cup ____________ 1948

31 which country first of all introduce chess __________ hindustan

32 which device used to measure the wind velocity __________ the wind

gauge

33 which is the biggest race in olympic games ______________ marathon

race

34 which is the highest mountain in pakistan ___________ k-2

35 which player won more titles of tour de france _________ france

36 which team won first fifa world cup ____________ uruguay

37 which team won the world cup 2007 _________ australia

38 width of valley ball courts lines __________ 5 cm

39 ___________tendon located in the posterior side of the lower leg.

achilles

40 ___________the main mass of nervous tissue, typing between sensory

receptors, which acts as

an integrating centre. central nervous system

41 ___________the term used to describe an aggregation of body cells

with specialized structure

and function. tissue

42 _________is psychological study of moral principles? axiology

43 _______is the residual fluid of blood left after removal of the cellular

elements. plasma

44 _______is the science, which deals with the description of the structure

of cells, tissues, organs

and organisms. anatomy

45 'pele' is related to which game? swimming

46 ‘stimulus response theory’ was given by? e. l. thorndike

47 18.29 m triple jump record is of jonathan adword

48 2008 olympic games held in which country __________ china

49 2011 world cup held in which country _________ all of these

50 2nd name of athletics is _______________ track and field exercises

51 400 meter race was included in ……olympic 1912

52 4th asian games held in which country

______________ pakistan

53 9th asian games held in which country ____________ pakistan

54 a log distance runner must consume more quantity of? carbohydrate

55 a muscle fibre relaxes when: the nerve stimulus is removed

56 a perfect food, known as nutritious is one that? contains all nutritious

elements of food

57 a rich source of vitamin a is: apricot

58 a stress situation which grabs a person completely in-very shour time

is? acute

59 a typical fiber in the adult man may have a diameter of 50-70 mm

60 abdominal muscles are best developed from: abdominal crunch

61 abdominal muscles are best developed from? playing

62 according to rules, the colour of football goal post is? white

63 aerobic power can be enhanced by? circuit training

64 after calcium ions have been released from the sarcoplasmic reticulum

they: bind to troponin

65 after emulsion, the digestion of fat is done by an enzyme called? lipase

66 against which country 'maradona' scored the goal of the century?

england

67 age measured in days, months and years is called? birth age

68 agility may be needed in speed, balance,coordination and ____?

strength

69 all of the following are excitable tissues except: miniscule cartilage

70 all the following factors add to instability of shoulder joint except? organ

of long head of

biceps

71 an example of injury caused by macrotreuma is: sprain

72 an immeiate emotional state of apprehension & tension is response to

specific situation is called?

trait anxiety

73 an offensive play that is commonly used in basketball for a set shot is

the? pivot

74 anaerobic metabolism refers to the generation of atp: without the use of

oxygen

75 angle of javelin through ____________ 29

76 apparatus to measure fat percentage in body is? skinfold meter/caliper

77 appendix is helpful in digestive system of human being for? not helpful

in digestive process

78 appropriatensess, usefulness, meaningulness of any inference a

researcher draws refers to

data? validity of the data

79 approximately, what percentge of heart is generated y muscle tissue? 0.

85

80 are heavy exercises good for sound sleep? no

81 artery carries the supply of blood towards heart? pulmonary artery

82 asian games are also known as _________ asia

83 asian games took place after every __________ 4 years

84 at what score ends will be changed in the tie break game in tennis?

42741

85 athlete's foot is caused by virus

86 automatic nervous system controls the _____________function of the

body. involuntary

87 balanced diet contains all of the above

88 ball and socket types of joint is? tri-axial joint

89 base ball is the national game of which country __________ america

90 bearden and hungry the javelin throw was considered regular game in

1870

91 before the shot put competition all the players are given tums 42768

92 bhartiyam was conducted to promote? mass rhythmic activities

93 blood gets de oxygenate in: nerves

94 blood gets de-oxygenated in? heart

95 blood is purified in the human body by? oxygen

96 blood plasma also circulates _________and contains several of the

components essential for

the formation of blood clots. immune bodies

97 blood transport waste products to __________for elimination from the

body. excretory

organs

98 brachial artery lies on the anterior aspect of all the following structures

except? terse major

99 by which hormone high blood sugar level can be controlled in stomach?

insulin

100 carbohydrates are converted into sugar in the: digestive tract

Important Links

For More (Lecturer Physical Education-17) Papers & Preparation Data Click here!

http://www.doc4shares.com/Recruitment-of-ppsc-lecturer-of-physical-education-past-papers-and-preparations-data-pdf.php

For More (Lecturer Zoology-17) Papers & Preparation Data Click here!

http://www.doc4shares.com/Recruitment-of-ppsc-lecturer-of-zoology-past-papers-and-preparations-data-pdf.php

For More (Lecturer Biology-17) Papers & Preparation Data Click here!

http://www.doc4shares.com/Recruitment-of-ppsc-lecturer-of-biology-past-papers-and-preparations-data-pdf.php

For More (Lecturer Education-17) Papers & Preparation Data Click here!

http://www.doc4shares.com/Recruitment-of-ppsc-lecturer-of-education-past-papers-and-preparations-data-pdf.php

For More (Lecturer Zoology-17) Papers & Data Click here!

https://www.doc4shares.com/Recruitment-of-ppsc-lecturer-of-zoology-past-papers-and-preparations-data-pdf.php

For More (Lecturer Physical-Edu) Papers & Data Click here!

https://www.doc4shares.com/Recruitment-of-ppsc-lecturer-of-physical-education-past-papers-and-preparations-data-pdf.php

For More (Lecturer Mathematics) Papers & Data Click here!

http://www.doc4shares.com/Recruitment-of-ppsc-lecturer-of-mathematics-past-papers-and-preparations-data-pdf.php

***PPSC Assistant k Agar Mazeed Papers Chye to is link pe Click Krin**

https://www.doc4shares.com/ppsc-assistant-in-punjab-police-mcqs-solved-past-papers.php

***Tehsildar & Naib Tehsildar k Agar Papers Chye to is link pe Click Krin**

https://www.doc4shares.com/ppsc-tehsildar-and-naib-tehsildar-mcqs-solved-past-papers.php

For AD (NAB) Papers Data Click here!

https://www.doc4shares.com/fpsc-assistant-director-nab-solved-past-papers-pdf.php

For Patrol officer Data Click here!

https://www.doc4shares.com/fpsc-patrol-officer-in-motorway-mcqs-solved-past-papers.php

For Custom Inspector FPSC Data Click here!

For PPSC, FPSC, SPSC,BPSC,NTS, OTS, Lecturers, Educators, Police, Motor ways, ASF, Patrol officers etc. Jobs preparations, visit **https://doc4shares.com/**

https://www.doc4shares.com/FPSC-Inspector-Customs-Intelligence-Officer-Past-Papers-MCQs-book-free-download.php

For Appraising Valuation Officer Data Click here!

https://www.doc4shares.com/Inspector-Customs-Preventive-officer-Appraising-Valuation-officer-TMO.php

For Preventive Officer Data Click here!

https://www.doc4shares.com/Inspector-Customs-Preventive-officer-Appraising-Valuation-officer-TMO.php

For *PPSC Lecturer Preparation*Data Click here!

https://www.doc4shares.com/PPSC-Lecturers-Past-Papers.php

MES k **Agar Mazeed Papers Chye to is link pe Click Krin**

https://doc4shares.com/military-engineering-services-mes-test-preparation-past-papers-syllabus-books-pdf.php

FPSC preventive Officers k Agar Mazeed Papers Chye to is link pe Click Krin

https://www.doc4shares.com/Inspector-Customs-Preventive-officer-Appraising-Valuation-officer-TMO.php

SST k Agar Mazeed Papers Chye to is link pe Click Krin

https://www.doc4shares.com/fpsc-assistant-director-nab-solved-past-papers-pdf.php

========= ==========

Note- For more Latest & Past Papers, stay connected with us through these links, like *our Facebook Page and Keep Visit our Sites*